How to Read a Food Label

Serving Size and Servings Per Container

· Look at the serving size and how many servings you are actually eating. If you are eating more than one serving, you need to multiply the calories by the number of servings.

Calories Per Serving

- . Low 40 calories or less per serving
- · High 400 or more calories per serving
- · First check the calories and then check the nutrients to see what you will be getting from the foods you are eating.

Sodium

- · Important to look for less sodium (<5% is low, and >20% is high) in order to reduce the risk of high blood
- · Snack items should have no more than 200mg of sodium per serving.

Nutrition Facts Serving Size: 1 (1 cup, 30 grams)

Amount Per Serving	
Calories 110 Calo	ries from Fat 18
	% Daily Value*
Total Fat 12g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 3g	6%
Calcium	
Iron	

*Percent Daily Values are based on a 2,000 calone diet.
Your Daily Values may be higher or lower depending on

your calorie needs:	:		
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 8 •	Carbohydrate	4 • P	rotein 4

Fats

- · Look for foods low in saturated and trans fat, and cholesterol. Most fats should be poly or monounsaturated.
- · Food should have no more than 35% of its calories from fat and no more than 10% of its calories from saturated fat excluding nuts, seeds, peanut butter, and other nut butters.
- · All foods should have less than 0.5g of trans fat. Foods without trans fats are ideal.

Sugars

- · Look for foods low in added sugars. Read the ingredient list and make sure that sugar is not one of the first three items on the list.
- · Names for added sugars include: sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, molasses, and fructose.
- · A food should have no more than 35% of its calories from total sugars.

Food Label Samples

Fats Label Calculations (http://www.coheso.com/nutridata)

Nutrition Facts Serving Size: 1 (1 wiener, 45 grams) Amount Per Serving Calories 130 Calories from Fat 108 % Daily Value* Total Fat 12g Saturated Fat 4g 20% Trans Fat 0g Cholesterol 35g 12% 23% Sodium 540g Total Carbohydrate 1g 0% Dietary Fiber Sugars 1g Protein 5g 10% Calcium Iron *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs: Calories: Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg 2,400mg Less than Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 8 • Carbohydrate 4 • Protein 4



Hot Dog



Calculating the percentage of calories from fat (requirement <35%)

Take the calories from fat and divide by calories

108/130 = 83%

Note: If calories from fat is not listed, you can determine the calories by multiplying the total fat by 9 (1 gram of fat = 9 calories).

This item would NOT qualify.

Calories from
fat and divide by
calories =
% of calories
from fat

Deli Chicken Breast



Calculating the percentage of calories from fat (requirement <35%)

Take the calories from fat and divide by calories

9/50 = 18%

Note: If calories from fat is not listed, you can determine the calories by multiplying the total fat by 9 (1 gram of fat = 9 calories).

This item would qualify.

Nutrition Facts

Serving Size: 1 (2 oz, 56 grams)

Amount Per Serving	1		
Calories 50	Cal	ories from	Fat 9
		% Dail	y Value*
Total Fat 1g			2%
Saturated Fa	at 1g		3%
Trans Fat			
Cholesterol 25	mg		8%
Sodium 470m	ng		20%
Total Carbohyd	rate 1g		0%
Dietary Fibe	r 0g		0%
Sugars 0g			
Protein 9g			18%
Calcium			
Iron			
* Percent Daily Values Your Daily Values your calorie needs:	may be higher		
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300a	375g

Carbohydrate 4

30g

Dietary Fiber

Calories per gram: Fat 8 •

Food Label Samples Sugar Label Calculations

Nutrition Facts

Serving Size: 1 (1 bar, 44 grams)

July and a second	r frame, a	1 grama)	
Amount For Serving			
Calories 160	Cal	lories from	Fat 27
	_	W D-1	
		% Der	ly Value*
Total Fat 3g			5%
Saturated Fo	ot 10	$\overline{}$	3%
Trans Fat		\rightarrow	
Cholesterol			$\overline{}$
			_
Sodium 115m			5%
Total Carbohyd	irate 32g		11%
Dietary Fibe			496
			470
Sugars 19	9		
Protein 2g			4%
Calcium			
Iron			
* Percent Daily Value	ves are based	on a 2,000 c	calorle diet.
Your Daily Values your calone needs	may be highe	r or lower de	pending on
Year Carone Indian	Calories:	2,000	2,500
Total Flat	Learter	65e	88g
Sal Pail	Less Pan	20g	250
Cholesteral	Lase Bon	300 mg	300mg
Seclare	Less than	2,400mg	2,400mg
Total Carthologistate		300g	376g
Dietary Fiber		25g	38g
Distrikaper gran :			
Ret o	Carbohydrate		hotein 4



Amount of sugar (requirement <35% of calories)

Take the sugars and multiply by 4, then divide by calories (1 gram = 4 calories)

(4g x 4)/120 = 13%

This item would meet the sugar requirements.

Cereal Bar



Amount of sugar (requirement <35% of calories)

Take the sugars and multiply by 4, then divide by calories (1 gram = 4 calories)

(10g x 4)/100 = 47.5%

This item would NOT meet the sugar requirement.

This item would NOT qualify.

Nutrition Facts

Serving Size: 1 (1 cup, 30 grams)

Amount (For Servi			
Calories 110	C	alories from	Fat 18
/		M. Davi	ly Value*
/		76 124	
Total Fat. 2g			396
Saturated in	Fet Og		096
Trans Fat			
Cholesterol C)g		0%
Sodium 210	mg		996
Total Carbohy	rdrate 22g		7%
Dietary Fib			12%
Sugars 1g	7		
Congress 15			
Protein 3g			696
Calcium			
tron			
*Percent Daily Vi	sives are base	d on a 2 800	calorle dist.
Your Daily Value	es may be Migh	er at lower de	pending on
year calcde need			
	Calories:	2,000	2,500
Tival Feb	Less Two	dig	ROS
Sed Feb	Less than	20g	25g
Cholesterol	Less then	300mg	900mg
Sodian	Less than	2,480mg	2,460mg
Total Cartiohydral		300g	375g
Gletery Fiber		26g	50g
Calories per gran :			
Fat o	Carbohadra		retain 4



Try this Simple Alternative:

Read the ingredient list and choose items that do not have sugars listed as the first or second ingredients, or have several listed.

How to identify sugars on the label:

- sugar
- sucrose
- alucose
- fructose
- high fructose corn syrup
- com syrup
- maple syrup
- molasses





4 grams of sugar = 1 teaspoon